Week 3 Practical – Enhancing a Website with Images and Links

Today, we will work on enhancing a website with images and links. Images are used throughout a website to enhance visual appeal and provide visitors with additional information about a product or service. Hyperlinks enable a website visitor to move from one page to another, view a page on another website, start a new email message, download a file, or make a phone call from a mobile device. In this prac, we will learn how to use these elements on websites correctly and efficiently.

For today's practical, you need to submit:

- A single zip file containing **Training Zone** and **Fitness** folders. Each folder includes:
  - All the html files you have created for the website
  - the "images" folder contains images for the website

Part 1 – Copying Files into the Images Folder

Before you can add an image to a site, you need to acquire the images and store them in the folder designated for images on your website. Because you need to have image files and know where they are stored before you can add them to a webpage. After that you will add Fitness Club logo to the header element to display the business logo. All of the pages in the fitness website will have a logo in the header. You added an image in the template file, and to the index.html document.

- Inside the **fitness** folder you have created in Week 2, create folders called **css** and **images**.
- In Week 3 Prac folder on LearnJCU, download and extract **fitness club images.zip** file. Copy all image files to the **images** folder inside the **fitness** folder.
- Verify that the folder now contains the following images (Figure 1).
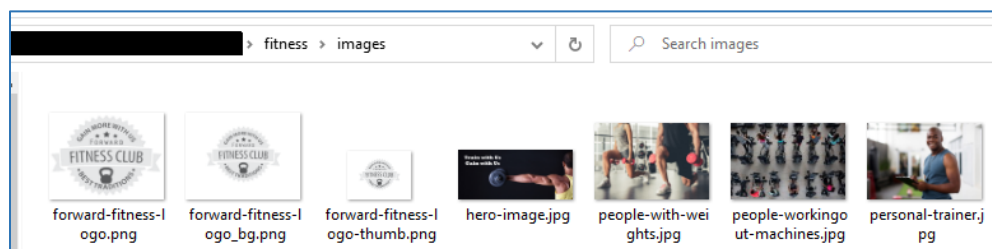

Figure 1

- Open the **template.html** file you have created in Week 2 in your editor.
- Under the closing **</h1>** tag. Insert an image element with the following code:

  <img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo" height="220" width="297"> (Figure 2).

- **Notice** that the image width and height attributes are specified. This is to prevent layout shifts and improve the experience of your site visitors.

```
<header>
    <h1>Forward Fitness Club</h1>

    <img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo"
    height="220" width="297">
</header>
```

Figure 2

- Repeat the above step with **index.html**.
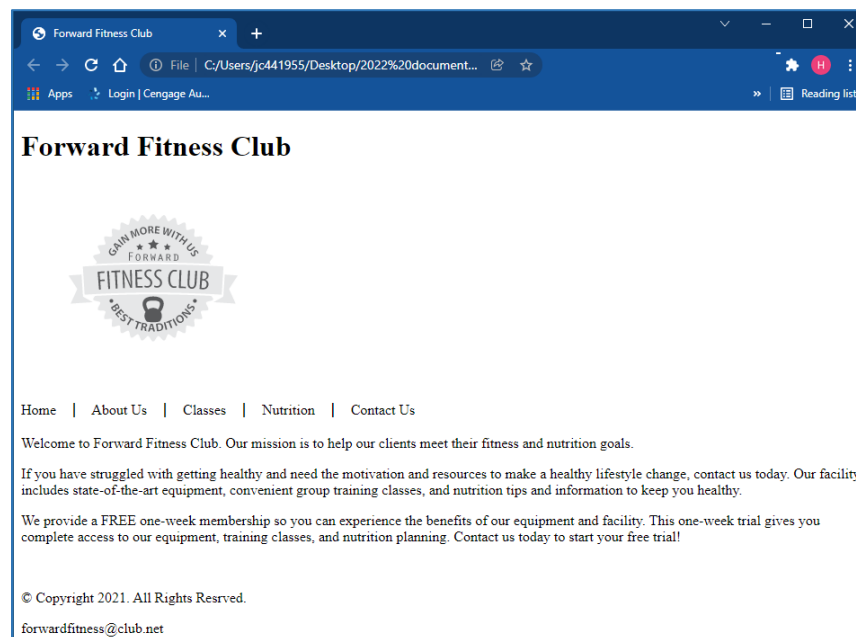- Open your **index.html** in a web browser to see the effects (Figure 3).

Figure 3

Part 2 – Adding Div elements to a Website Template and the Home Page

A div element can be used to define an area or a division in a webpage. Div elements can be inserted with the <div> and </div> tags. To gain flexibility in formatting the webpages on the Forward Fitness Club website, you can add a div element to the wireframe and template of the website. The purpose of the new div element is to contain all of the other webpage elements, including   header, nav, main, and footer.   Containing these HTML 5 elements within a single div element prepares the template and future pages for CSS styles, such as one that centres the webpage in a browser window. You must also edit the home page of the website by adding a   **div**   element with an   **id**   attribute and value of container   to make it consistent with the website template. This is because all of the pages within the website should use the same general template layout.

- Click the **template.html** file to display it in your text editor.

- To insert a div element with an id attribute and value, add the following code under the **<body>** tag (Figure 4):

<div id="container">

- To close the div element, under the ending **</footer>** tag, add the following code (Figure 4)"

</div>

```html
<body>

    <div id="container">

    <!-- Use the header area for the website name or logo -->
    <header>
        <h1>Forward Fitness Club</h1>

        <img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo"
        height="220" width="297">
    </header>

    <!-- Use this nav area to add hyperlinks to other pages -->
    <nav>
        <p>Home   &#9475;  
        About Us   &#9475;  
        Classes   &#9475;  
        Nutrition   &#9475;  
        Contact Us</p>
    </nav>

    <!-- Use the main area to add the main content to the webpage -->
    <main>
    </main>

    <!-- Use the footer area to add webpage footer content -->
    <footer><br>
        <p>&copy; Copyright 2021. All Rights Resrved.</p>
        <p>forwardfitness@club.net</p>
    </footer>

    </div>
```

Figure 4

- Under the **<main>** tag, add:

<div>
</div>

- Highlight all elements within the div with the **id="container"**, press the tab key to indent all of these elements.
- Save your changes (Figure 5).

```
<body>

    <div id="container">

        <!-- Use the header area for the website name or logo -->
        <header>
            <h1>Forward Fitness Club</h1>

            <img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo"
            height="220" width="297">
        </header>

        <!-- Use this nav area to add hyperlinks to other pages -->
        <nav>
            <p>Home   &#9475;  
            About Us   &#9475;  
            Classes   &#9475;  
            Nutrition   &#9475;  
            Contact Us</p>
        </nav>

        <!-- Use the main area to add the main content to the webpage -->
        <main>

            <div>
            </div>

        </main>

        <!-- Use the footer area to add webpage footer content -->
        <footer><br>
            <p>&copy; Copyright 2021. All Rights Resrved.</p>
            <p>forwardfitness@club.net</p>
        </footer>

    </div>
```

Figure 5

- Repeat the above step with **index.html**. See Figure 6 and 7.
- Open your **index.html** in a web browser to see the effects.

```
<body>

    <div id="container">

        <!-- Use the header area for the website name or logo -->
        <header>
```

Figure 6

```
        </main>

        <footer><br>
            <p>&copy; Copyright 2021. All Rights Resrved.</p>
            <p>forwardfitness@club.net</p>
        </footer>

    </div>

</body>
</html>
```

Figure 7

- Under the **<main>** tag, add the following code to add a starting and closing div tags with an id attribute and value.
  <div id="intro">

  </div>

- Copy the following <p> elements and content to the **template.html** and **index.html** (see Figure 8):

  <p>Welcome to Forward Fitness Club. Our mission is to help our clients meet their fitness and nutrition goals.</p>

  <p>If you have struggled with getting healthy and need the motivation and resources to make a healthy lifestyle change, contact us today. Our facility includes state-of-the-art equipment, convenient group training classes, and nutrition tips and information to keep you healthy.</p>

  <p>We provide a FREE one-week membership so you can experience the benefits of our equipment and facility. This one-week trial gives you complete access to our equipment, training classes, and nutrition planning. Contact us today to start your free trial!</p>

- Indent these paragraphs. Save your changes and open the file with your preferred web browser.

```
<main>

    <div id="intro">

        <p>Welcome to Forward Fitness Club.  Our mission is to help our
        clients meet their fitness and nutrition goals.</p>

        <p>If you have struggled with getting healthy and
            need the motivation and resources to make a healthy
            lifestyle change, contact us today. Our facility
            includes state-of-the-art equipment, convenient group
            training classes, and nutrition tips and information
            to keep you healthy.</p>

        <p>We provide a FREE one-week membership so you can experience
            the benefits of our  equipment and facility. This one-week
            trial gives you complete access to our  equipment, training
            classes, and nutrition planning. Contact us today to start
            your free trial!</p>
    </div>

</main>
```

Figure 8

Part 3 – Adding Links in a Website Template and the Home Page

To allow a user to navigate a website and move from one page to another, web designers must add hyperlinks, or links, to a webpage. A link is text, an image, or other webpage content that visitors tap or click to instruct the browser to go to a location in a file or to request a file from a server.

Hyperlinks that link to other webpages within the same website are known as **relative links**. Hyperlinks that link to other webpages within the same website are known as relative links. You will now add both types of links to your html files.

- Open the **template.html** file in the editor.
- Within the **<header>** area, before and after the **<img>** tag, add the following code to insert a starting and closing **anchor tags** (see Figure 9):

  **** <img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo" height="220" width="297"> ****

```
<header>
    <a href="index.html"><img src="images/forward-fitness-logo.png" alt="Forward Fitness Club logo"
    height="220" width="297"></a>
</header>
```

Figure 9

- Repeat the above steps with **index.html**.
- Back to your **template.html**, file. In the <nav> area, before and after the word "**Home**", add the following code to insert opening and closing anchor tags (see Figure 10):

  <p>Home****   ┃

```
</header>

<nav>
    <p><a href="index.html">Home</a>   &#9475;  
```

Figure 10

- Your Turn:
  - Using the same method as above to insert anchor elements below to add hyperlinks to the remaining text within the navigation area:
    - About – about.html
    - Classes - classes.html
    - Nutrition - nutrition.html
    - Contac Us - contact.html

Hyperlinks that link to other webpages outside of your website are known as **absolute links**. To create an absolute link, use an **anchor** element with an **href** attribute that designates a website URL.

- Add an email link to the email address in the footer area of the template.
- before and after **forwardfitness@club.net**, add the following code to insert opening and closing email anchor tags (see Figure 11):

  <a href="mailto:forwardfitness@club.net">

- Save your changes and open the file with your preferred web browser and click on the links to see the result.

```
<!-- Use the footer area to add webpage footer content -->
<footer><br>
    <p>&copy; Copyright 2021. All Rights Resrved.</p>
    <p><a href="mailto: forwardfitness@club.net">forwardfitness@club.net</a></p>
</footer>
```

Figure 11

- **Your Turn:**

    o Return to work on the **index.html** file.
    o Insert anchor elements as below to add hyperlinks to the navigation area in the **index.html**:
        - About us – about.html
        - Classes – classes.html
        - Nutrition – nutrition.html
        - Contact Us – contact.html
    o Add an email link to the email address in the footer area of the home page.

Part 4 – Creating the About Us Webpage, Adding Content, and Adding Unordered Lists to the About Us Webpage

The About Us page provides additional information about the Forward Fitness Club, including pictures of its facility. The page uses div elements, headings, and unordered lists to organise the page content. Use the website template to create the About Us page.

- Open the **template.html** file to create a new webpage using the template file.
- Click **File** on the menu bar and then click **Save As** , name the file "**about**", save the file in the **fitness folder**.
- You will now add an id attribute value to the div tag within the <main> area, <h1> tag and its content, an image, and some paragraph text by adding the following code (see Figure 12):

```
<main>

    <div id="weights">

        <h1>Weights</h1>

         <img src="images/people-with-weights.jpg" alt="Two people working out with a weight in each hand" height="300" width="450">

         <p>Our facility includes a weight training area with several weight options. Build lean muscle with weights and improve your core with weight training.</p>

    </div>

</main>
```

```
<main>

    <div id="weights">

        <h1>Weights</h1>

        <img src="images/people-with-weights.jpg" alt="Two people
        working out with a weight in each hand" height="300" width="450">

        <p>Our facility includes a weight training area with several weight options.
        Build lean muscle with weights and improve your core with weight training.</p>

    </div>

</main>
```

Figure 12

The **About Us** page should list the types of equipment the Forward Fitness Club provides to its members. You can include these items using unordered lists.

- **Your Turn:**
    - Under the <p> tag (see Figure 12 above), add an unordered list tag for the following items:
        - Dumbbells
        - Kettle bells
        - Barbells
    - Save your changes, and open **aboutus.html** in your browser.

- Add the following code under the closing </div> with the id "**weights**":

```
<div id="cardio">
        <h1>Cardio</h1>

        <img class="equip" src="images/people-workingout-machines.jpg"
    alt="Cardio Equipment" height="300" width="450">

        <p> Burn fat through cardio workouts. Experts recommend 150 minutes
of cardio each week. We have several equipment choices for your workout.</p>

        <ul>
                <li>Treadmills</li>
                <li>Elliptical Machines</li>
                <li>Exercise Bikes</li>
        </ul>
</div>

<div id="training">

        <h1>Personal Training</h1>

        <img class="equip" src="images/personal-trainer.jpg" alt="Personal Training"
        height="300" width="450">

        <p> Our certified personal trainers work with you to help you obtain your fitness
        goals and track your progress. Personal training has many benefits.</p>

        <ul>
                <li>Accountability</li>
                <li>Personalised Program</li>
                <li>Consistent Support and Motivation</li>
        </ul>

</div>

</main>
```

- Save your changes, and open **aboutus.html** in your browser.

Part 5 – Adding a Description List and Absolute Link to the About Us Webpage

The About Us page should also describe the types of exercises the Forward Fitness Club recommends for its members. You can include these descriptions using a description list.

- **Your Turn:**
  - Create a div with id exercises
  - Within this div, add heading level one (1) element. Add the following content to it: Common Exercises
  - Add a paragraph with the following content: The following are common exercises that we encourage our clients to do as part of their daily exercise routine.

The <dl> tag defines a description list. And the <dl> tag is used in conjunction with <dt> (defines terms/names) and <dd> (describes each term/name).

- Under the paragraph closing tag you have just created, add the following code to add a description list:

```
<dl>

        <dt>Burpee</dt>
        <dd>Burpees are a great full-body exercise to increase your strength and
        endurance.  Begin in a standing position, drop into a squat and extend your
        hands forward, kick your feet back and then forward again quickly, and then
        jump up from a squatted position. </dd>

        <dt>Plank</dt>
        <dd>Planks build your core strength. To perform a plank, get in a push-up
        position and rest your forearms on the floor. Hold the position as long as you
        can. </dd>

        <dt>Mountain Climber</dt>
        <dd>Mountain climbers are a good cardio exercise. Place your hands on the
        floor in a push-up position, bring one knee up to your chest, and then switch as
        quickly as you can (as though you are climbing a mountain).</dd>

</dl>

        <p>For more information about how to stay active, visit the
        <a href="https://www.hhs.gov/fitness/be-active/index.html" target="_blank">U.S.
        Department of Health and Human Services</a>.</p>
</div>
</main>
```

Part 6 – Creating the Contact Us Webpage and Add a Heading and Links

The Contact Us page provides an address, a phone number, and an email address for the Forward Fitness Club. Insert a heading to identify the new information, and then add the phone number, an email address with an email link text, and an address.

- If necessary, reopen the **template.html** to create a new webpage using the template file.
- Click **File** on the menu bar and then click **Save As,** name the file "**contact.html**" and save it in the **fitness** folder.
- Your Turn:
  - o Within the **div** element (under the starting main tag), add an id attribute with value contact.
  - o Add heading Two (2) element with the following content: Ready to get started? Contact us today
  - o Add heading Three (3) element with the following content: Call us: (814) 555-9608
  - o Add heading Three (3) element with the following content: Email us: and insert an email text link to forwardfitness@club.net
  - o Add heading Three (3) element with the following content: Visit us at: 1275 Channel CENTER Street, Boston, MA 02210
  - o Check the spelling in your document to find misspelled words and correct them as necessary.
  - o Save the **contact.html** file, open it in your browser to see the effects.

Part 7 – Utilising What You Have Learnt So Far to Create the Training Zone Webpages

- In Week 3 Prac folder on LearnJCU, download and extract **Training zone images.zip** file. Copy all image files in the Training zone images folder to the folder called "**images**", which we created in the Training Zone folder last week.
- Change all the image file names to meaningful ones.
- Create webpages, based on your wireframe, sitemap, and webpages created in Week 1 and 2, by taking the code you have learnt today as the examples together with the resources from the previous weeks.

Deliverables:
- A single zip file containing **Training Zone** and **Fitness** folders. Each folder includes:
  - o All the html files you have created for the website
  - o the "images" folder contains images for the website